

FITNESS MOM[®] STUDIO ADULT APPLICATION

Name

Address

Home Telephone

Work Address

Occupation

Business and Cell Phones

E-mail

Emergency Contact Name/Relationship and Phone Number(s)

Physician's Name and Telephone

Medical Conditions/Allergies

FITNESS PARTICIPATION WAIVER: By signing the document below, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning this exercise program. I fully understand that the program is highly strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well-being or health in any way. I hold harmless of any responsibility the instructor, the facility, or any persons involved in this program.

Print Name

Sign Name

Date:

ADULT HEALTH QUESTIONNAIRE

NAME

DATE

MEDICAL HISTORY:

Do you now have or have you ever had a history or experience with any of the following:

- fl High or Low Blood Pressure**
- fl Elevated Blood Cholesterol**
- fl Diabetes**
- fl Chest Pain**
- fl Family History of Heart Disease**
- fl Joint Problems**
- fl Asthma or Respiratory Problems**
- fl Severe Headaches or Dizziness**
- fl Musculo-skeletal Problems or Disorders**
- fl Neurological Problems or Disorders**
- fl Recent Surgeries**
- fl Any Sustained Injuries or Illnesses**
- fl Epilepsy**
- fl Arthritis**
- fl Exercising Difficulty**
- fl Current Medications, Vitamins, Supplements**
- fl Allergies**
- fl All Other Medical Issues or Concerns**

Have you received medical clearance from your Physician? Yes/No

CLASS SCHEDULE

MONDAY	6:00 PM Strength and Stretch (<i>instructor varies</i>) 7:00 PM Boxing Circuit
TUESDAY	5:45 PM Yoga Flow (<i>call for dates</i>) 6:45 PM Judo with Mike's Dojo**
WEDNESDAY	6:00 PM Kettlebells and Strength Circuit**
THURSDAY	6:30 PM Judo with Mike's Dojo**
FRIDAY	6:00 PM Strength and Stretch (<i>instructor varies</i>) 6:30 PM Boxing Circuit
SATURDAY	9:00 AM Teenie-Weenie TaeKwonDo 10:00 AM Family TaeKwonDo Workout 11:00 AM Judo Open Workout (<i>once a month</i>)

NEW MEMBERSHIP RATES AND POLICY

(effective October 1, 2009)

	One class a week:	\$49.00/mo.
	Two classes a week:	\$59.00/mo.
	Three classes a week:	\$69.00/mo.
	Unlimited:	\$79.00/mo.
	Judo only:	\$59.00/mo.
** NEW **	Student Rate:	\$39.00/mo. (<i>for full-time students, must present ID</i>)

Annual Membership Fee: \$69.00/yr
(*due upon beginning monthly membership*)

You are welcome to increase at any time, however, decreasing is done on your quarter anniversary. *Two-weeks notice in writing is required prior to that anniversary date.* This policy is in place to assure that we can keep staff on as scheduled. There are no make-ups for missed classes in subsequent weeks. Adhering to your choice is on the honor system. In fairness to others, kindly respect this policy. (Individual add-on classes are \$12.00 and can be done at any time.)

Each new visitor may have one free class. Additional trial classes must be paid for at the following rates: individual add-on classes are \$12.00 for existing members (including parents of enrolled children) and their guests; \$14.00 for all others. Your instructor will collect these payments at the beginning of class. Please sign-in with instructor as they are required to take attendance.

** No shoes allowed on Tatami floor; only bare feet or martial arts (TaeKwonDo) shoes may be worn.